

Free Seminars for Caregivers of Older Adults



FALL 2006 SERIES

SEPTEMBER, OCTOBER, NOVEMBER

Registration for these seminars is not required, but strongly encouraged so that adequate handouts are available. To register or to request reasonable ADA accommodations, call 703-324-5205; TTY 703-449-1186 and leave your name, phone number and name of the session(s) that you plan to attend.



This information is also available at: www.fairfaxcounty.gov/aaa

To request this information in an alternate format, call 703-324-7694, TTY 703-449-1186

When More Help is Needed with Caregiving

What are your options for care? Learn how to assess your current caregiving situation and prepare for future needs.

Date/Time: Tuesday, Sept. 19 7-8:30 p.m.

Location: Braddock Glen Adult Day Health Care Center, 4029 Olley Lane, Fairfax, VA 22032. For directions: 703-978-0502

Speaker: Sharon Lynn, LCSW, Assistant Director, Fairfax Area Agency on Aging

Elder Care and Work: Finding the Balance

Gain perspective on balancing elder care and work, learn specific strategies to help you cope at work and at home, and learn about resources in your community.

Date/Time: Tuesday, Sept. 26 7-8:30 p.m.

Location: Herndon Senior Center, 873 Grace Street, Herndon, VA 20170. For directions: 703-464-6200

Speakers: Sharon Lynn, LCSW, Assistant Director, Area Agency on Aging; Betsy Pugin, Elder Care Coordinator, Fairfax Area Agency on Aging

Focus on the Caregiver

Stress management and wellness tips for caregivers and those who care about them.

Date/Time: Wednesday, Sept. 27 1-2:30 p.m.

Location: Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA 22306. For directions: 703-765-3645

Speakers: Elaine Eckert, LCSW, Co-Team Leader, Program for Older Adults and Their Families, Mount Vernon Mental Health Center; Laurie Strickland, Fitness Director, Park Services for the Fairfax County Park Authority

Caregiving Can Be Expensive - Do You Have a Plan?

Learn some approaches to finances, including daily money management, which can help keep a financial house in order.

Date/Time: Tuesday, Oct. 3 7-8:30 p.m.

Location: Lewinsville Adult Day Health Care Center, 1609 Great Falls St., McLean, VA 22101 (use entrance on left side of building). For directions: 703-734-1718

Speaker: Thomas West, CLU, ChFC, Financial Advisor, Thomas West Financial Services

Is It Time to Give Up the Keys and the Credit Cards?

Is your family member an unsafe driver or at risk of being financially exploited? Are bills not being paid? Come for professional advice in facing these issues and protecting your loved one.

Date/Time: Tuesday, Oct. 10 7-8:30 p.m.

Location: Little River Glen Senior Center, 4001 Barker Court, Fairfax, VA 22032. For directions: 703-503-8710

Speakers: Thomas Polhemus, Investigator, Fairfax County Police Department, Financial Crimes Unit; Nancy Dezan, Alzheimer's Disease Education Specialist, Alzheimer's Association

Navigating the Legal and Medicaid Maze of Long-Term Care

This program will address important issues such as durable powers of attorney, trusts, guardianship, advanced medical directives, and eligibility for Medicaid.

Date/Time: Thursday, Oct. 12 12-1:30 p.m.

Location: Pennino Building -12011 Government Center Parkway, 734, Fairfax, VA 22035. For directions: 703-324-5411

Speakers: Nora Torres, Long-Term Care Benefits Supervisor, Fairfax County Department of Family Services; Evan Farr, Certified Estate Advisor, Certified Elder Law Attorney

More seminars listed on Page 2

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Sponsored by the Fairfax Caregiver Seminar Consortium with funding from the National Family Caregiver Support Program.

Consortium members: Alzheimer's Association, Alzheimer's Family Day Center, Thomas West Financial Services, Fairfax County Department of Community and Recreation Services, Fairfax County Department of Family Services, Fairfax County Health Department, Fairfax County Public Library.

August 2006

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Home Is No Longer an Option - Now What?

Finding quality residential care for your family member can be a difficult and emotionally draining experience. This program will help you determine what to look for and how to sort through the maze of residential options.

Date/Time: Wednesday, Oct. 18 7-8:30 p.m.

Location: Chantilly Regional Library, 4000 Stringfellow Road, Chantilly, VA 20151. For directions: 703-502-3883

Speakers: Nancy Cavicke, *Ombudsman, Northern Virginia Long-Term Care Ombudsman Program*; Catherine Cole, *Director, ElderLink, Options for Caregiving*

Legal and Financial Planning for Long-Term Care

Learn essential legal and financial tools to aid in planning for long-term care, such as durable powers of attorney, medical directives, and guardianship. Learn how to stretch financial assets over the long term.

Date/Time: Wednesday, Oct. 25 7-8:30 p.m.

Location: Lincolnia Senior Center, 4710 N. Chambliss Street, Alexandria, VA 22312. For directions: 703-914-0223

Speakers: Thomas West, *CLU, ChFC, Financial Advisor, Thomas West Financial Services*; Susan Pollack, *Elderlaw Attorney, Needham Mitnick & Pollack, plc*

When Your Loved One is Anxious, Angry, or Depressed

Learn about these important mental health issues that affect the elderly, when to seek help and how to access resources.

Date/Time: Thursday, Nov. 2 7-8:30 p.m.

Location: Little River Glen Senior Center, 4001 Barker Court, Fairfax, VA 22032. For directions: 703-503-8710

Speaker: Frances Allen, *LCSW, Senior Clinician, Woodburn Community Mental Health Center*

Understanding Communication and Behavior in Alzheimer's Disease and Related Disorders

Gain an understanding of what may trigger challenging behavior. Learn strategies for effective communication to enhance the quality of life for both the caregiver and the person with dementia.

Date/Time: Thursday, Oct. 19 10-11:30 a.m.

Location: Alzheimer's Family Day Center, 2812 Old Lee Highway, Fairfax, VA 22031. For directions and respite care: 703-204-4664

Speakers: Susan Stone, *Outreach Coordinator, Alzheimer's Family Day Center*; Nancy Dezan, *Alzheimer's Disease Education Specialist, Alzheimer's Association*

**Respite Care Available. Call to make a reservation.*

Humor for the Caregiver's Soul - Surviving the Holidays

The holiday season is often stressful and challenging for families. This session will provide strategies for reducing stress and keeping the holidays a happy time for all.

Date/Time: Wednesday, Nov. 1 10-11:30 a.m.

Location: Alzheimer's Family Day Center, 2812 Old Lee Highway, Fairfax, VA 22031. For directions and respite care: 703-204-4664

Speaker: Susan Stone, *Outreach Coordinator, Alzheimer's Family Day Center*

**Respite Care Available. Call to make a reservation.*

Understanding Medicare, Medi-Gap, and Medicare Part D

Learn the facts about health insurance for seniors.

Date/Time: Wednesday, Nov. 8 1-2:30 p.m.

Location: Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310. For directions: 703-971-6262

Speaker: Howard Houghton, *Virginia Insurance Counseling and Assistance Program, Fairfax Area Agency on Aging*

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August 2006